

NEW JERSEY LACROSSE 2017 HALL OF FAME



MICHAEL D. POUNDS

MONTCLAIR HIGH SCHOOL 1980
WEST POINT PREPARATORY PREP 1981
SPRINGFIELD COLLEGE 1985
UNIVERSITY OF VIRGINIA 1988

**TRULY
OUTSTANDING
COACH**

Mike started his lacrosse career in Montclair, was a team captain his senior year and 1st Team All-State Goalie for the 1980 State Champion Montclair Team. At Springfield he was a four year starting Goalie and two year Captain. Mike was a three time All New England Player while at Springfield and played in two NCAA DIII playoffs. He remains one of the top career saves leaders at Springfield.

While attending grad school at UVA he served as an Assistant Men's Lacrosse Coach and played for the Virginia Lacrosse Club.

Coach Pound's first head coaching position was at SUNY Potsdam from 1988-1990. Following Potsdam, he moved on as the Head Assistant Coach at the University of Pennsylvania for one season. He was Head Coach at SUNY Cortland from 1991-2000 and Head Coach at Virginia Wesleyan from 2000-2002 with an overall 100-95 collegiate record.

Mike took over as the Head Varsity Boys Lacrosse Coach at Ridgewood in 2003 and during his fifteen year career amassed a record of 236-94. During that period, Ridgewood won eight Group III Championships - 2004, 2006, 2008, 2009, 2012, 2013, 2014, 2015, won Sectional Championships 5 of the last 6 years, and won the Bergen County Championships in 2008, 2011, 2016, 2017. Ridgewood has also won or shared the Gibbs Division Championship in 2011, 2015, 2016 and 2017.

Mike was selected as Coach of the Year several times in 2003 and 2017 for North Jersey High School Boys Lacrosse, in 2008 for the Gibbs Division, 2013 and 2014 Group III and in 2015 and 2017 for Bergen County.

Mike resides in Ridgewood, NJ with his wife, Catherine and his four sons - Evan, Noah, Ben and Eli.

